



# Striding Along

December 2004 / January 2005

Issue #110



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# Editor's Column

by Dave Delay

It's time to say, "Thank You," to some of the people that make Striding Along possible. Actually, some of these Thank You notes are a bit overdue. Hopefully, the rest are on time.

In the last issue, **Bill Spencer** announced the retirement of his regular Youth Running column. Long before I took on the role of editor, I looked forward to Bill's articles about the accomplishments of our Strider Youth. There aren't many clubs in the region that can claim such a close association with so many nationally ranked young runners. Although we don't officially have a youth team, many of the kids are members and so are many of the kids' coaches. The kids and their coaches are truly inspiring.

Now that I've been editor for a while, I appreciate Bill's accomplishments in a different way. For a long stretch, Bill was newsletter editor, Youth Running columnist, youth coach, state of NH record keeper, and a regular age division leader in statewide races. How he managed to do all of this at the same time is a mystery to me. Thanks, Bill! Your dedication to the club and commitment to running in NH are impressive.

Another favorite part of the newsletter is the Race Results section. Admit it. Don't you turn to that section first thing to make sure your results are there? You and I can thank **Michael Amarello** for the pleasure. For years, Michael has tirelessly compiled race results for the club and delivered them to the newsletter every two months (on deadline!).

The results compiling process has always been a mystery to me. I figured Michael must have some fancy computer program for scanning results. What I couldn't figure out is how the

program located all the various spellings of Vendituoli, Tranchemontagne and so on. After all, the results on Cool Running don't always spell the *simple* names correctly. It turns out there is no fancy computer program. Michael has been doing the job manually all these years!

As noted elsewhere in this issue, Michael is retiring from his race results duties effective next issue. Thanks, Michael, for going "above and beyond" for so long.

This newsletter wouldn't be the same without the regular Randumb Thoughts feature by **Bob Thompson**. Personally, I look forward, every two months, to hearing what's on Bob's mind. I don't have anything against the other material in the newsletter, but nothing makes me chuckle like Randumb Thoughts. Thanks, Bob, and here's hoping you will continue pounding the keyboard (and the slopes) long into the future.

I don't know if you've noticed, but many of the photographs in the past few issues have been attributed to **Mary Slocum**. If Striding Along were organized like a real publication (it's not!), Mary would be our Chief Photographer. Mary, I really appreciate the pictures and the occasional article too.

This is the second issue this year with an article from a relative newcomer to the club, **Michael Wade**. Michael's first article was a cautionary tale of how *not* to train for a marathon. This new article is a much happier tale (see page 13). Congratulations, Michael, and thanks for sharing.

There you have it. Heartfelt thanks to long time outgoing contributors. Big thanks to current contributors, and one last thing: An invitation to all club members to contribute articles and photos of your own. I appreciate it.



Striding Along is published 6 times a year by members of the Gate City Striders, Inc. of Nashua, NH. For correspondence or a membership application, please write to:

Gate City Striders  
PO Box 3692  
Nashua, NH 03061.

Visit our Web Site  
[www.GateCity.org](http://www.GateCity.org)

USA Track & Field Club # 157  
AARC Club # RC12

## Our Mission Statement

The Gate City Striders is an athletic and social organization dedicated to the promotion of running and fitness at all levels. Members vary in ability from beginning joggers to competitive marathoners.

## Membership meetings

Merrimack YMCA  
3rd Wednesday of month.

## Track workouts

Wednesday nights, Nashua High School South, April thru October.  
Weekly runs at Pennichuck JH starting the end of October

**Cover Photo:** Karen Pattelena (left) on the second leg of the Applefest relay. Michelle Poublon and Karen took first place in the relay women's division.

If you experience problems with the delivery of the newsletter call our membership chairperson. This newsletter is sent third class mail. There is no forwarding by the post office, so make sure we have your correct address. Advertisements are gladly accepted.



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# President's Column

## The Inverted Pyramid XI

by Bob Pelletier



One important component of a healthy organization is its ability to recognize and adapt to change. The business world is littered with the carnage of once great models that failed to recognize the need for change and subsequent adaptation. The most recent examples are many of the leading names in the airline industry who are watching share and profit erode away to

their slicker and more adaptable competitors such as Independence Air, Jet Blue, and Southwest Airline. In its own small way, your E-board needs to recognize the importance of meeting the needs of our membership by constantly measuring and reinventing ourselves wherever and whenever needed. Your E-board tries to recognize upcoming change well in advance so that the reaction is well prepared and proper. 2004 has been a year of changing landscape within the club. I thought that it might be appropriate to review with you some of those changes and adaptations that are in the works as we wind the year down.

- ❖ December may be our final month of holding the general meetings as we know them at the Merrimack YMCA. The YMCA will still play host to Dr. Tedesco on Wednesday, December 15 as featured elsewhere in this edition. There is no general meeting in January due to the Holiday Party and the annual general membership meeting is scheduled for Wednesday, February 16. Beyond February look for a step change to activity based monthly gatherings which will be 95% fun and 5% business. Lynn Kisselbach is currently exploring and coordinating many activity based events such as hockey game nights, skating party outings, bowling nights, baseball games, and the USATF National Track & Field Championships in Boston as a partial list. A day or night of group volunteering to benefit a local organization in need may also be an option.
  - ❖ We will try to move the annual club general business meeting and elections to a local restaurant location. Alternatives are currently being explored for the 2005 meeting.
  - ❖ We have somewhat altered the format of the annual Holiday Party for this year with the focus on fun and a care-free night. Outside entertainment is being explored in the form of comedian or magician in addition to deejay at the Nashua Marriott. Dress code is pure Caribbean casual as will be our music and decor. Additional dinner options are being offered. Many will go home richer than they came as NHGP award checks and trophies will be distributed.
  - ❖ Our Freeze Your Buns series will be simplified and perhaps moved to Nashua at Conway Arena to be run on Panther Drive. Most runners want a safe course, accurate distance, and time for their efforts with a cup of water and perhaps coffee at the finish. With respect to past food, trophies, and shirts, we are returning back to the original basic intent of FYB. If Conway Arena does not work out then the series will probably return to Darrah Pond Rec Center in Litchfield.
  - ❖ The club has emphasized and supported NHGP participation for the last couple of years. We will add MCR participation to the NHGP award pool for 2005. We are reimbursing competitive teams for this years event. GCS should be on the trophy each year and we will make every attempt to see that this becomes reality.
  - ❖ When Chet Rogers indicated to me in 2003 that he and Co-Director Emily Strong were implementing a relay as part of the Applefest Half-Marathon my immediate reaction was to ask the question, "Why mess with success?" After all, Applefest is annually met with rave reviews by the participants and the largest endorsement of all is the high percentage of repeat runners year after year. It is now safe to say that the relay is firmly established as an important and well managed feature to our largest annual club event. Congrats go out to Relay Director Laurie Kofstad for her fine work along with the rest of the AF committee.
  - ❖ Walter Swanbon had a goal to better coordinate the track workouts with NHGP races for the 2004 season in his role as Competition Coordinator. One of the reasons that we were so excited to have Coach Mike Sarro join our ranks was that he agreed with Walter that this could be worked out for the season. The result is that we enjoyed one of our finest NHGP seasons ever from a competitive and participation standpoint. We are pleased to announce that Coach Mike will return for the 2005 outdoor season. Mike also does a fine job of offering fee based coaching designed to the specific individual goals of our membership as well as other family members.
- I will end this issue of Striding Along from the President's seat with five separate requests. If these requests are left unfilled, our club simply will not be as healthy as it is today. In

fact, the first three are critical to the long term health of the club.

- ✓ Recent Doctor of Physiology graduate Bill Farina will complete his second two year term as Club Treasurer effective with the annual February general election meeting. Bill will not be seeking reelection to the E-board and will continue to contribute to the club in other areas. The Treasurer's position is vital and we will need at least one new E-board member willing to take on the role. Bill works with Quick Books Accounting software and will share with you how it works and will also give you an idea of how much time is needed to do the job properly. Please contact Bill if you are interested in running for the E-board and succeeding him in the role of Treasurer. His e-mail address appears in the front cover.
- ✓ Chet Rogers will also complete his term as Vice-President in February and not seek reelection. Much of his time will be devoted to starting a new business and doing volunteer work in the community. Chet will continue to contribute to the club in a major way through his Co-Director Race Position for Applefest and Fitness University involvement. The result is that a second E-board position will be open during the upcoming February election. Please contact Chet or myself if you have a desire to help guide our club with the long term direction and decision making process.
- ✓ Shaun McMahon graciously directed Fitness University for the last two years despite starting up and presiding over the Monadnock Regional Milers Running Club. This year was Shaun's last as Fitness U Director but he has firmly established a great working relationship and sponsorship with Southern New Hampshire Medical Center. He has also developed a solid core of key committee and clinic coordinators. The position of 2005 Director will need to be filled no later than the end of January in order to ensure that the event is a continued success. As I have indicated before, this is our most important club event each year. There will be no 2005 Fitness University unless a new Director is found by the end of January. Please reach me if you can

**“There will be no 2005 Fitness University unless a new Director is found by the end of January. Please reach me if you can step into this role.”**



step into this role.

- ✓ Michael "Moose" Amarello has also selflessly devoted his time as Results Coordinator for Striding Along for over five years. Like Shaun McMahon, Michael has been doing double duty for over two years since he founded his own running club, Moose Mountain Milers. His contribution has been terrific. Michael is able to help train a new results coordinator for Striding Along by sharing with that person many of his secrets to keeping track of GCS racers. Thank you Michael! Please notify me if you can fill this role. If unfilled, please see the last sentence of the previous FU paragraph.
- ✓ Lastly, Membership Coordinator Sandy Geisler does a nice job of reminding you when your club dues are renewable and also ensuring that your birthday is published in Striding Along. Please help make her job less time involved by remitting your dues at the time of the first notice. In addition, if you have benefited from the advice and training of Coach Mike at track please make every effort to keep your dues current. We are aware that there is a minor percentage of track participants each year, some who are regulars, that can't get around to paying their annual dues. Nobody in your club is going to play dues police at track or anywhere else. It's simply an honor system, one that allows us to hire coaches of Mike's ability, pay for NHGP participation pools, and help defray other operating expenses. Please do not assume that if you view the club newsletter on line and sometimes appear at track workouts that you are exempt from being a dues paying member.

As the days shorten, please ensure that you make yourself visible while out on the roads. Reflective vests worn while running on the darkened roads are a must. Blinking lights worn over cold weather running attire are also becoming more popular as you can never be too visible in the dark. Please remember to practice running safety and have fun over the balance of the Holidays!

# Volunteer Section

## Extra Mile Spotlight

by Bob Pelletier



We are pleased to announce that **Brian Withers** is the recipient of the Extra Mile Spotlight Award for December and January. The award is selected for each issue of Striding Along by your E-board.

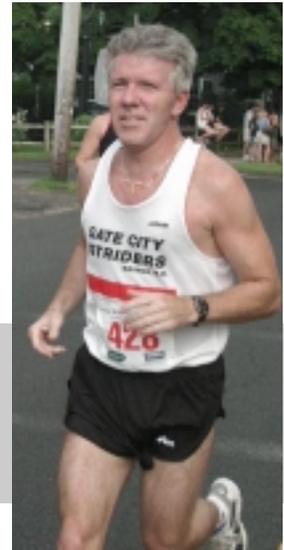
Brian began lending his time to our club as the beginner group coach at Wednesday night track in 2001, taking the reins from long time beginner coach George Lecours. He often completes the regular scheduled workout on his own after he completes the beginners session. Brian also fills the role as first time club host to many walkers and runners as he answers a myriad of

questions and guides them accordingly.

A Manchester resident, Brian works in Marketing at Teradyne and previously had a solo law practice in Manchester.

Thank you, Brian, for all you do for our running club.

**Brian Withers (right) at the 2004 Yankee Homecoming race in Newburyport, Mass.**



## October and November Volunteers

On Saturday, October 2, dozens of Striders helped make the 2004 edition of **Applefest** the most successful one yet. The volunteers listed below set-up the course, directed traffic, manned the food tent and water stops, supported the finish line, and cleaned up after over 1000 happy runners.

On Sunday, November 7, Striders turned out again to help with the Nashua Telegraph **Santa Fund 5K**. See the next page for the list of volunteers.

Many thanks to all the club members who gave their time to make these events successful.

### Applefest Volunteers

Debbie Auclair  
Ed Auclair  
Ted Barbour  
Jim Belanger  
Pat Belanger  
Dick Bersani  
Mary Ellen Bersani  
Brian Bigelow  
Julie Boilard  
Eldon Burkinshaw

Sachiko Burkinshaw  
Marcie Byrd  
Frank Cadwell  
Heidi Cadwell  
Skip Cleaver  
Tom Conley  
Ed Deichler  
Dave Delay  
Samuel Delay  
Roy Denehy  
Claudia Desfresne  
Peter Donahue  
Dick Doyle

Rob Doyle  
Sam El-Guebaly  
Amy Fickett  
Paul Fiori  
Priscilla Flynn  
Tammy Gaffey  
Sue Generazzo  
Crystal Giggi  
John Green  
Mike Hagerty  
Pam Hall  
Lilli Hamnquist  
Dave Haworth  
David Holt  
Mary Johnson  
Jay Johonnett  
Barbara Joy  
Melanie Kalafatis  
Terry Kenney  
Aline Kenney  
Karl Kiesselbach  
Pat Kiesselbach  
Kathy Kirby  
Lynn Kisselbach  
Stan Klem  
Kent Kofstad  
Laurie Kofstad  
Maddy LaRose

George LeCours  
Jane Levesque  
Mike Levesque  
Sandy Machell  
Donn McBride  
Sue McIvayne  
Kamila Meznik  
Ivo Meznik  
Deb Migliore  
Steve Migliore  
Alan Miller  
Virginia Mills  
Judy Moland  
Steve Moland  
Wendy Mullet  
Marie Mullins  
Judy Nicholson  
Joyce Oberholtzer  
Deb O'Leary  
Tom Parker  
Bob Pelletier  
Carol Pelletier  
Andrea Pierce  
Caleb Raitto  
Kevin Reynolds  
Robin Rocha  
Chet Rogers  
Cindy Rogers

**Applefest Volunteers**  
(continued)

Chuck Rossier  
Damian Rowe  
Rick Roy  
Sue Rube  
Shawn Scanlon  
Helen Schultz  
Mary Slocum  
Pat Smith  
Rich Stockdale

Emily Strong  
Linda Thatcher  
Mike Thatcher  
Paul Thibault  
Mary Varney  
Mike Wade  
Leann Ward  
Mike Ward  
Ed West  
Mike Whelton

**Santa Fund  
Volunteers**

Peter Donahue  
Dick Doyle  
Samy El-Guebaly  
Pat Kisselbach  
Stan Klem  
Ellen Kolb  
Mike Levesque  
Cindy Magarrell  
Judi Moland

Steve Moland  
Joyce Oberholtzer  
Carol Pelletier  
Deb Roy  
Rick Roy  
Shaun Scanlon  
Marty Sheil  
Helen Shultz  
Mike Thatcher  
Kevin Reynolds  
Jerry Rocha  
Leeann Ward

**And Thanks to the Applefest Community at Large Too!**

Applefest is a special race in part because we get so much help from the community at large. This year we got help from **Hollis Brookline High School** students, the **Hollis Brookline Venture Crew**, the local **Girl Scouts**, and the **Granite State Flash**. Each of these groups plays an important role. For example, the runners really appreciate the energy of the Hollis

Brookline student “cheer teams” at each water stop.

Every year the Applefest Committee returns the favor by donating a share of the proceeds to the HBHS Dollars for Scholars Fund and to the other groups who help make the race a success.

Thanks, everyone, for your help.



**Students from Hollis Brookline High School hand out water to Applefest runners streaming up the hills of Wheeler Road**

## Club News & Events

### Strider Holiday Party Promises Fun and Recognition

by Lynn Kisselbach

It's sure to be the social event of the season! The Strider Holiday Party planning is in full swing, and will include many exciting and fun activities, as well as recognition to many of our club members for an outstanding New Hampshire Gran Prix season. All cash awards will be given out that evening, so that we may recognize the entire group that participated in the Grand Prix events of 2004.



party is Caribbean Night, so come in your best grass skirt. Cocoanuts are optional.

Choice of meals is Chicken Forestiere (\$25.00); Swordfish Parmesan (\$27.50) or Broiled New York Sirloin (\$30.00). As usual, there will be a cash bar, plenty of music to limbo to, and lots of other activities throughout the night. For those participating in the limbo contest, Brian Bige-

The Party is planned for Saturday, January 15<sup>th</sup> at the Nashua Marriott, and will begin at 6:00 pm with cocktails. Dinner will be served at 7:00 pm. The theme to this year's

low will have special hours for you on Monday.

Your dinner selection is due to Lynn Kisselbach no later than January 3, 2005.

Names of attendees: \_\_\_\_\_  
\_\_\_\_\_

Choice of Meal: Chicken Forestiere (\$25.00)\* \_\_\_\_\_

Swordfish Parmesan (\$27.50) \_\_\_\_\_

Broiled NY Sirloin (\$30.00) \_\_\_\_\_

Mail check and form to: Lynn Kisselbach, 29 Farley Street, Nashua, NH 03064, no later than **January 3, 2005.**

*\*Chicken Forestiere is a boneless breast of chicken topped with a Mushroom Port Demi-Glace Sauce.*

### 2004 NHGP Final Awards and 2005 Mill Cities Relay Participation Announcement

by Bob Pelletier and Walter Swanbon

We will be presenting NHGP MVP and Rookie of the Year Awards as part of the January 15, 2005 Holiday Party Festivities. There will be four awards presented with two in each category. In addition to this we will be awarding participation and point scoring checks at the party. If you are unable to make it that night, your point award/participation check will be mailed at a later date. The club is distributing about \$3400 in point scoring and participation checks back to our membership at the Holiday Party.

The final tally on NHGP point scoring is currently available at the Gate City Striders web site. Just go to the

“Racing” section and look for the “NHGP Status” link. Visit the web site to find out how much you have earned, but please bear in mind, the minimum check amount to be written by Club Treasurer Bill Farina is for \$10.

In order to help the club better its participation and competitive position for the annual Mill Cities Relay we will be offering participation points for all club members. This will be effective with the 2005 NHGP pool participant plan. Beginning with the 2004 relay, we are also employing an entry fee waiver for each of the twelve designated competitive teams and any other club team that scores.

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## 2005 NH Gran Prix Schedule

by Traci Swanbon

The schedule for the 2005 New Hampshire Grand Prix has been finalized. The races were determined by location, date, and distance. The goal was to offer diversity in distance and to spread the races apart during the season. Each club got to chose one "host race" for the series and these races were given top priority. There was representation by all the clubs and a voting process to determine the final list.

This year the committee decided to give the series a new twist. Each club can choose one race not to count toward its total series score. The only restriction is that all clubs must count the Jackson Covered Bridge race. So at the end of the series each club will review the results of all the races and determine which race will not count for their club.

The 2005 schedule is as follows:

1. Jan 2nd - Millennium Mile
2. March - Eastern States 10 and 20 Mile
3. April - Reds Shoe Barn 5 Mile
4. May - Medical Center 6K
5. June 4th - Jackson Covered Bridge 10K
6. July - Bill Luti 8K
7. July - Dublin Days 5K
8. September 10th - Union Leader 8K
9. October - Bridges 10K
10. November - Uplink 5K

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## Freeze Your Buns and More

by Dave Delay

As Striding Along goes to print, we unfortunately do not have a lot of details about Freeze Your Buns, but the series will be back in 2005.

We are looking into the possibility of moving to the Conway Rink in Nashua. If not, it will stay in Litchfield at Darrah Hall. It will be a scaled down series from last year. In other words, no trophies, shirts, etc. The emphasis will be on an accurate and safe course and maybe a cup of coffee after-

wards. Watch the Gate City Striders web site and forum for breaking news about Freeze Your Buns.

By the way, after a one year hiatus, the Pack Monadnock 10 Miler will also be back in 2005. Race day is Sunday, June 5th. The Monadnock Regional Milers will be co-hosting the race with us and we will be adding a two person relay. The relay exchange will be in the flat area near mile 5. Stay tuned for more on Pack Monadnock this Spring.



Get Ready for the 2005 Freeze Your Buns Series

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## Eboard Elections Coming Soon

by Dave Delay

*Editor's Note: As Bob mentioned in the President's Column, we are looking for members to run for the Eboard this February. This article describes the process.*

At our annual meeting in February 2005, we'll once again be electing members to the Executive Board (or Eboard). If you have been with the club for a while, you know this is an annual ritual. For the benefit of newer members, it is worth describing the process in some detail.

The Eboard is made up of seven directors elected from the general membership. The board meets once a month and has overall responsibility for the operation of the club including setting the annual budget, securing a track for our workouts, hiring coaches, and setting the calendar of events. The board does a little a bit of everything, but there is no way seven people can do it all. Typically, the President of the club delegates large tasks to other individuals or committees. For example, the Applefest committee takes care of directing the half marathon each year. The Eboard receives regular reports from the Applefest committee, but lets the committee take care of the details.

Each member of the Eboard serves a two year term. To avoid a complete change in the board every two years, the terms are staggered. Elections to the board are held each year at the February club meeting. This coming year, 2005, three seats are open. Next year the four remaining seats will be open. The following year three seats will be open, and so on.

So how do we find candidates for the Eboard each year? Traditionally, the President of the club appoints a Nominating

Committee. It's the Nominating Committee's responsibility to bring a slate of candidates to the February meeting. Of course, the Nominating Committee's job is made easier when people step forward and ask to be put on the ballot. The following types of candidates are encouraged to step forward:

- Any Eboard member whose current term is up. There is no such thing as term limits on the Eboard.
- Long time members with lots of relevant experience.
- New members with little or no relevant experience.

In a word, any member of the club is eligible. Ideally, the Nominating Committee will produce a ballot that includes all of the above. The club is best served by a combination of seasoned veterans and willing newcomers.

One more important point about the process: Contrary to what you might think, candidates for the Eboard do not run for a specific office. The general membership simply votes for directors to sit on the board. It is then up to the board itself to select club officers including President, Vice President, Treasurer and Secretary. Officers are selected from the current board at the March Eboard meeting.

I hope this takes some of the mystery out of the process. Whether you are considering running for a seat on the board or you are just a concerned member, it helps to understand the process. If you want to know more, there is a complete description of the process in the club by-laws. The club Secretary, currently Marty Sheil, can make a copy of the by-laws at your request.

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## Boston Marathon Bypass Numbers

In recognition of the Gate City Striders contributions to the sport of running, the BAA has, through its running club program, again invited 10 Striders to enter the marathon without having to run a qualifying time. Apart from the qualifying time standard, all other entry requirements must be met. **The entry fee using these applications is \$125.**

Additionally, adherence to the following restrictions is critical for Gate City to be granted future bypass entries. Each Strider must:

- Be able to complete the entire 26.2 miles within approximately 4 hours 30 minutes.
- Not begin the race prior to the official start time.
- Not compete in a manner which, in the judgment of the race officials, interferes with race operations or other participants.
- Not reproduce or transfer their official bib number.

Any conflicts will result in disqualification of the runner



and a critical review of Gate City's standing in the BAA running club program.

The use of these invitational applications is open to all Gate City Striders members whose dues are current and who have not meet the qualifying standard. **The Strider Eboard will assign these applications to deserving members who have written a letter to the Eboard explaining why they want to run Boston and why they should be considered for a number.**

The deadline for submitting your letter to the Eboard will most likely be the first week in January, 2005. The deadline for filing an invitational application (should you be chosen to receive one) is March 1, 2005. Please check the club web site for the exact schedule and other important rules and restrictions.

By the way, the web site will also include information on the annual Boston Marathon Bus Trip. Jim Belanger will once again organize the bus trip. Runners, volunteers and spectators are welcome to apply for a spot on the bus.

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## Novemberfest Pictures

by George Lecours and Bob Thompson



**John Kerry and Ted William greet the runners**



**Eldon Burkinshaw (right)**



**Denny Leblanc**



**Buddy from GDTC and Dave Ferris**



**Jim "Newburg" Ewell**



**Chet Rogers**

# Randumb Thoughts

It has been another successful season for the Gate City Striders. Our racing team won the New Hampshire Grand Prix, a new coach was integrated into our workouts, a number of successful races were hosted, and as always new friendships were developed. The end of the season was celebrated on October 27 with the Annual Last Supper at Church, Club National. Over 70 Striders attended this celebratory feast. Thanks to George Lecours and Skip Perkins of the Club National for organizing this large social event. Some of the speeches at the Last Supper got cut short as everyone was more interested in watching our beloved Red Sox win their first World Series in 86 years.....



by Bob Thompson

The Applefest Half Marathon was once again the best race in New Hampshire. Bostonians captured both the men's and women's title at Applefest Version 22.0. Julie Spolidoro easily won the women's race by nearly 6-1/2 minutes over runner-up Debra Bailey of Ashby, MA. Ed Baker of Boston held off Eric Beauchesne of Chelmsford by 26 seconds for the men's open victory. Ed's finishing time of 1:10:08 was nearly 4 minutes slower than Dave Dunham's course record 1:06:07 in 1992. The closest divisional race was the Filly Division in which Justine Deutsch of Watertown, MA edged out Sue Hollis of Seattle, Washington by just 15 seconds. Great job once again by the Race Committee and the many volunteers...

New Found Trails Dept: It took me over 20 years of running past the trail entrance, but I recently discovered some trails off of Teak Drive, that cut behind Nashua's Four Hills Landfill. Hidden running trails are out there, we just need to find them and explore them. If you love trail running, about 10 miles worth of running trails exist on the Fidelity Investments property in Merrimack. Have one of your many running mates that work at Fidelity give you a tour..... If you see a trail, follow it!....Speaking of new found trails, I ran the Groton Town Forest Trail Race on Sunday October 31 for the first time and was glad I did. The event included 9.5 mile and 3.4 mile races. I opted for the longer one to find out what kind of shape I wasn't in. I finished the race, didn't get lost and didn't come away with any injuries, thus, it was considered a success. The course was a roller coaster with many ups and downs and several serpentine trails with a good portion of the course along the Nashua River. The Groton Town Forest is a beautiful place to run. The trails reminded me of Mine Falls Park, but with more variety and more hills. To get to the Groton Town Forest take route 111 to Groton Center, turn right on route 225 toward Lunenburg, then turn left on Town Forest Road. Check out Coolrunning.com for an interesting article by Chris Russell about the Groton Town Forest and the Groton Town Forest races...

I ran into old-time Strider, Rex Miscovitch, at the race. Rex was a Gate City Strider regular back in the early and mid 1980's. Rex was also the race director of the VeryFine 5-mile

and 2.4 mile road races in Littleton, MA for 18 years. When Kraft Foods bought Veryfine last year these popular races were taken out of the budget.....

The 9<sup>th</sup> 3<sup>rd</sup> Annual Curly Goulet Memorial Novemberfest Trail Run and Party was as bizarre and as successful as in years past. John Kerry was off of the campaign trail and was there to great the runners and hand out some freebies, courtesy of Heinz. The WECG obtained the rights to Ted Williams frozen head from the Alcor Life Extension Foundation in Scottsdale, Arizona and are working to have Teddy Ballgame thawed out in time for spring training. Thanks to all of the Novemberfest volunteers including, vol-

unteer of the year, Steve Doyle. We wouldn't have a water stop without Steve's help. Extra special thanks go out to Damien Rowe and Brian Sanborn who cooked up quite a feast for the many hungry runners that attended the post race party at the James E. Coffey Post - American Legion. Also, thanks to George Lecours who was once again the Master of Ceremonies in a way that only George can get away with. Steve Moland also came through big time, as usual, with an assortment of special one-of-a-kind door prizes. This had to have been the first time that an actual (not a cheap imitation) deer scrotum was given away as prize at a running race (who saves such things?). Orsolya Gagnon came all the way from Hungary to be embarrassed by winning the annual (outhouse) door prize. The door is now in safe keeping by our doorkeeper, Squatting Doe Wotawe, who has the door on display in her Massachusetts home. The biggest winner of the day was the Nashua Children's Home as over a \$1,000 was raised for this worthwhile charity. See photos elsewhere in this newsletter...

The Striders received a thank-you note from the Milford Share Program for the donation of over 150 pairs of used running shoes. The Milford Share Program helps the area needy with food, shelter and clothing throughout the year. Please save your used running shoes this winter as we will once again collect them when we are back on the track in the spring...

The Wednesday evening workouts don't end with the last track workout in October. Many Striders continue to meet on Wednesday evenings at 6 PM at Pennichuck Junior High School for a run through the well-lit north end neighborhoods...

Killington, Vermont has not succeeded in seceding from the State of Vermont and becoming part of New Hampshire. However, New Hampshire residents can ski for 1/2 price on Wednesday's throughout the ski season at this mega sized central Vermont resort. On your way, slow down going through Woodstock Vermont, or the cost of your day will go up significantly...

See you on the slopes.

# Member's Soapbox

## The Power of Negative Thinking

by Michael Ward

Racing has always been a bit of a hit or miss proposition for me. Even though, going into a race, I'm confident that I've adequately prepared myself to run well, some results tend to be better than others. While it may be impossible to pinpoint the exact reasons for failure, when I take a look back at my best racing performances, there seems to be one consistent reason for success: "negative splits".

For those who don't know, running negative splits means running slower early miles and faster later miles. As a result, your split times descend, or move in a "negative" direction, as the run progresses. The theory is that starting slow allows your muscle cells to warm up and take on huge volumes of oxygen before the really hard work begins, attenuating anaerobic metabolism and spiking fatigue-resisting aerobic energy production. Simply put, running negative splits allows your engine to warm sufficiently before shifting into over-drive!

I had been vaguely aware of the concept of negative splitting for years, but to trust that running slower early miles in a race will lead to the promise of faster finishing miles was something I just couldn't accept. As a marathoner, who has logged many long and lonely hours of training, the last thing I wanted to do on race day was get to the starting line and run slower than I thought I was capable of. So as a result, my traditional marathon race strategy was to start running at marathon goal pace and try to hold it for 26.2 miles. Of course, my traditional marathon result was to hit the wall around mile 21 and limp to the finish. Hoping I didn't lose too much time during my death march. So, after years of beating my head against the wall, I vowed to do things differently and turn my next marathon into a full-fledged, negative splitting experiment!

Since I have very little patience, and almost no restraint, it was obvious that I required extensive negative split practice in order to break my racing habits of old. Therefore, I structured all my training towards starting slow and building into each run. My long runs became a series of 4 mile segments, and I concentrated on running each piece faster than the previous. My daily runs became out and back courses, and I worked on taking less time to run back than it took to run out. And finally, my Wednesday track workouts became speedy step-downs, and I would attempt to run each repeat a little quicker than the one before. For the most part, this revamped regimen worked quite well. Although, I have to admit, starting a set of 12x400 repeats too fast, and then having to pick it up, did have me re-evaluating my experiment. Not to mention my sanity. But, finishing my 20 mile runs feeling strong certainly renewed my confidence in the plan and gave me peace of mind to put my faith into running with restraint.

My plan for race day was simple. I broke the 26.2 mile race into three 8 mile segments, with a 2 mile warm up at the

beginning and a .2 mile "sprint" at the end. The first 8 mile segment was to be run slower than goal pace, the second was to be run at goal pace, and God willing, the last was to be run faster than goal pace. I also decided to keep track of my pace in 4 mile increments, or half of an 8 mile segment. Doing that would help me avoid the pacing yo-yo that sometimes occurs from mile to mile when markers are incorrect or hills are included. So when race day arrived, I felt comfortable with my preparations and confident that my experiment could work, if I allowed it to.

As the race began, I started out slowly, and let the other runners go out too fast. Today they went without me. Today was going to be different. I used the first two miles as an opportunity to enjoy the experience, soak up the atmosphere and savor the beautiful fall weather. At the two mile mark I checked my watch. Ok, good, nice beginning now pick it up just a little bit. At the 10 mile mark I was right under where I wanted to be, felt smooth and kicked it up to goal pace. At the 18 mile mark it was decision time. I could either hold my pace, run comfortably until the end, and maybe PR or I could pick it up again. I felt strong and knew that this was my day,



Michael at the Bay State Marathon

so I decided to kick it into overdrive. It was there that the race began for me. At mile 18 it was ON. Because of my training, I had expected to run well at this point. What I didn't expect, was the extra rush of adrenaline as I caught up to, and eventually passed, the runners in front of me. It became like a game that kept me focused on the goal immediately ahead instead of on the finish line and the pain I was starting to feel.

When the final bridge came into view, I knew I had done it. My negative splitting experiment had actually worked. This was truly a breakthrough race for me. I'd tried for years to run under 3:10:00 since it's the lowest Boston qualifying time. But, up until now, the 3:13:28 at last year's Clarence DeMar was my personal best. This year's Bay State result of 3:07:47 bested that mark by nearly 6 full minutes. It was, without a doubt, the best race I've ever run. But, now that I've finally achieved my long sought after 3:10, I find myself at a crossroads. Should I quit now and bask in the fading glow of my accomplishment, or should I try to lower my marathon time even more? Can I turn a negative split into a positive performance, once again? Is sub-3:00 realistic? I guess there are two things I've learned during this experience. The first is, if the Red Sox can win the World Series, anything is possible. The second is, if someone asks for advice on improving their race results I'll just tell them to "Go Negative".

## 2004 Bay State Results:

### Splits:

**1&2** 14:58 (7:29)  
**3-6** 29:36 (7:24)  
**7-10** 29:12 (7:19)  
**11-14** 28:35 (7:08)  
**15-18** 28:20 (7:05)  
**19-22** 27:44 (6:56)  
**23-26** 27:27 (6:52)  
**26.2** 1:57 (long)

### First Half:

1:36:00 (7:19)

### Second Half:

1:31:47 (7:00)

### Total:

3:07:47 (7:10)

Good for 40<sup>th</sup> place overall and only 32 places & 14 minutes behind the incredible 2:53:24 of "frosch phenom" Jon Alizio!

## Race Results

### Jingle Bell Run 5K Manchester, NH 12/4/04

3 Nicole Slane 17:42

### Amherst Turkey Trot 5M Amherst, NH 11/26/04

6 Kim Humphreys 35:27  
 9 Carl Hefflefinger 35:39  
 15 David Salvas 38:09

### Amherst Turkey Trot 5K Amherst, NH 11/26/04

6 Steve Hunt 22:23  
 9 Bill Spencer 22:41  
 18 Kelsey Hunt 23:24  
 19 Emily Mastropiero 23:24  
 23 Francis Dwyer 23:52

### GDTC Turkey Trot 5K Derry, NH 11/25/04

43 Chip Geisler 20:34  
 53 Kevin Hodge 21:10  
 88 Nancy Peabody 22:35  
 89 Samantha Moland 22:36

### Fellow Gate City Striders:

I apologize for the small amount of race results in this issue. My free time has been very limited lately due to my job moving down into Massachusetts, my wife starting to work more often, and increased demands on my time by my baby daughter.

I have enjoyed working on the race results and other tasks for the Striders over the past 7 years, but family and job obligations take precedence.

Therefore this will be my last issue compiling the race results for Striding Along. I will continue to be a member and strong support of the best running club in New Hampshire and hope to see you all a few times at track next year. (I will be the really slow guy pushing the cutest little girl in a jogger stroller!)

Starting next issue someone new will be taking over the race results. Please help them out by posting your race results (and those of fellow Striders) on the Forum on our website.

-- Michael Amarello

93 Doug McQuaid	22:41	139 Eldon Burkinshaw	24:24
106 Gordon McQuaid	23:08	179 Mark Peabody	25:47
109 Nathan Peabody	23:12	210 Melaney Hodge	26:46
113 Wayne Hilson	23:24	232 Rosalie McQuaid	27:24
114 Don Deperrri	23:26	242 Sachiko Burkinshaw	27:47
117 John McQuaid	23:32		

(Continued on page 15)

(Continued from page 14)

**Freefall 5K  
Rochester, NH 11/25/04**

11 Damian Rowe 20:33

**Freefall 10K  
Rochester, NH 11/25/04**

19 Tom Kolb 46:06

**Nashua HS Alumni 5K CC  
Nashua, NH 11/25/04**

3 Ryan McCarty 17:28  
9 Greg Anthony 18:31  
15 Jim Hansen 19:38  
23 Peter Venditouli 20:39  
24 Peter de Bruyn Kops 20:41  
31 Cathy Merra 21:19  
32 Bob Veilleux 21:27  
35 Kevin Bausha 21:41  
36 John Dionne 21:46  
37 Ethan Dionne 21:46  
38 Mike Merra 21:51  
48 Michele Poublon 23:13

51 Pam Triest 23:26  
56 Charles Lawrence 24:01  
57 Nate Burns 24:01  
60 Dave Cormier 24:13  
61 Samy El-Guebaly 24:44  
67 Rosanne Trolan 25:44  
72 Eliot Paisner 26:31  
75 Madeline Trolan 26:40  
79 Kellie Oberholtzer 26:43  
82 Robin Rocha 26:48  
83 Mike Whelton 26:49  
85 Christina de Bruyn Kops 27:03  
88 Bob Pelletier 27:35  
92 Mary Slocum 28:07  
95 Bill Hallahan 28:16  
107 MaryJo Cody 29:56  
108 Madeline LaRose 29:56  
109 Ray Oberholtzer 30:55  
119 Ellen Kolb 36:35

**Jingle Bell Run 10K  
Portsmouth, NH 11/20/04**

46 Pamela Hall 44:24  
71 David Salvias 47:45  
147 Ed Donovan 54:49

**Wickers Turkey Trot 3.2M  
Wolfeboro, NH 11/20/04**

15 Peter Venditouli 20:13

**Operation Uplink 5K  
Manchester, NH 11/14/04**

13 Denny Leblanc 22:15  
15 Damian Rowe 22:21  
70 Thomas Raiche 27:34  
79 Annette Marchand 27:54  
127 Mary Minami 31:05  
133 Bill Sturgeon 31:39

**Santa Fund Run 5K  
Nashua, NH 11/7/04**

9 Don McCarty 19:03  
11 Trevor Ward 19:38  
13 Jonathan Green 19:48  
21 Ethan Dionne 20:40  
25 Kevin Bausha 21:03  
30 John Dionne 21:18  
33 Tom Conley 21:39  
35 Allan Rube 22:00



Striders at the Santa Fund 5K (photo by Deb Auclair)

41 Francis Dwyer	22:50
43 Lindsay Ferris	22:55
45 Pam Triest-Hallahan	23:03
47 David Cormier	23:12
54 Allison Cody	23:48
72 Edward Auclair	24:56
74 Linda Madden	25:00
75 Charles Lawrence	25:18
82 Robin Rocha	25:42
91 Gigi Ferris	26:03
93 Rick Schnabble	26:11
97 Terri Beiter	26:50
106 Allan Sabiski	27:20
113 Michael Askenaizer	27:48
114 Joyce Askenaizer	27:49
120 Mary Slocum	28:06
121 Debra Stergion	28:16
129 Patricia Smith	28:36
137 MaryJo Cody	29:26
138 Madeline LaRose	29:29
148 Robert Welts	30:53

**Turkey Trot 5k  
Manchester, NH 11/6/04**

14 Steve Hunt	19:21
30 James Woodward	21:43

33 Kellie Oberholtzer	21:57
40 Yuki Chorney	22:29
45 Eldon Burkinshaw	23:16
54 Pat Kiesselbach	24:20
75 Chris Renke	26:12
76 Ed Donovan	26:13
77 Eric Chorney	26:14
79 Ellen Woodward	26:26
104 Max Renke	28:44
105 Bill Sturgeon	28:57
109 Ray Oberholtzer	29:28
114 Everett Woodward	30:00
115 Lora Woodward	30:01
122 Joyce Oberholtzer	33:00
138 Ellen Kolb	36:55

**Shirt Factory 5K  
Salem, NH 10/31/04**

5 Walter Swanbon	19:07
15 Damian Rowe	20:35
98 Gigi Ferris	26:55
122 Debra Stergion	28:23
131 Joyce Askenaizer	28:56
132 Michael Askenaizer	28:58
174 Lynn Kisselbach	32:05

**Shirt Factory 5 Miler  
Salem, NH 10/31/04**

10 James Klum	31:18
39 Dave Ferris	34:56
73 Pam Triest-Hallahan	37:39
102 David Cormier	40:04
111 Pat Kiesslbach	40:56
127 Marylu Klum	41:59
137 Robin Rocha	42:28
138 Edward Auclair	42:33
141 Ellen Pozzetta	42:44
142 Tracy Micali	42:46
206 Mary Slocum	47:51
228 Madeleine LaRose	50:06

**Fall Frolic 5K  
Heniker, NH 10/30/04**

4 Tom Kolb	20:50
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**Run For Shelter 5K  
Manchester, NH 10/24/04**

8 Denis Trachemontagne	17:30
9 Joseph Rogers	17:49

*(Continued on page 17)*



Striders at the Shirt Factory 5

(Continued from page 16)

12 Jonathan Alizio	18:14
15 James Belanger	18:36
16 Jim Hansen	18:36
19 Richard Stockdale	19:04
21 Walter Swanbon	19:11
25 Tom Kolb	19:22
29 Trevor Ward	19:37
31 Peter Venditoui	19:40
37 Karen Pettelena	20:32
40 Damian Rowe	20:41
42 Denny Leblanc	20:44
49 Pamela Hall	21:30
52 Michele Poublon	21:40
57 Steve Moland	22:02
58 Tom Conley	22:05
74 Eldon Burkinshaw	23:02
75 Brian Sanborn	23:04
76 Jack Kick	23:08
79 Heidi McGaffigan	23:14
87 Traci Swanbon	23:46
108 Rich MacDonald	24:40

109 Shu Minami	24:43
110 Pat Kiesselbach	24:45
123 Elizabeth Kolb	25:56
127 Robin Rocha	26:04
128 Mike Whelton	26:10
134 Genia Sanborn	26:29
136 Judith Moland	26:32
141 Leann Ward	26:39
150 Mary Slocum	27:12
153 Sachiko Burkinshaw	27:19
158 Mary Minami	27:38
193 Madeleine LaRose	30:20

114 Joselyn Hall	1:39:01
252 Pam Triest-Hallahan	1:48:25
274 Richard Stockdale	1:49:45
461 Kristina Thompson	1:59:00
514 Allan Sabiski	2:02:01
579 Eric Chorney	2:05:19
674 Mike Whelton	2:10:13
736 Elizabeth Kolb	2:13:15
802 Mary Slocum	2:19:31
823 MadeleineLarose	2:22:31

**Applefest Half Marathon  
Hollis, NH 10/02/04**

10 Joseph Rogers	1:20:54
27 Jim Hansen	1:27:35
42 Gerry Duval	1:30:41
43 Trevor Ward	1:30:44
76 Chip Geisler	1:35:17
105 Tammy Gaffey	1:38:01

**Applefest Relay  
Hollis, NH 10/02/04**

2 Crowell / Coates	1:23:06
12 Poublon / Pattelena	1:33:41
42 Atlas / Atlas	1:46:47
60 Sanborn / Sanborn	1:55:36
86 Chorney / Minami	2:03:58

See the next page for Applefest pictures!



**Bigelow Chiropractic Center**  
*helping you achieve optimum health*  
**Dr. Brian T. Bigelow**  
*Doctor of Chiropractic*  
 155 Main Dunstable Road Suite 135  
 Nashua NH 03060 exit 5E  
 Convenient highway access  
 Phone: 603 883-8971  
 Fax: 603 883-0157  
 E-mail: brianb249@comcast.net  
 mobile phone 603 315-0283

**Strider Discounts**

Being a member of the Striders entitles you to various discounts. For example, Runners Alley in Manchester gives a 10% discount to members. Similarly, items purchased through Road Runners Sports results in a payment to the Club that reduces our expenses. See all the details at the Clubs Web Site.



**William Kellar, M. Ac.**  
*Licensed Acupuncturist*

**Bigelow Chiropractic Wellness Center**

155 Main Dunstable Rd., Suite 135  
 Nashua, NH 03060

**Phone: (603) 566-1842**

directly off exit 5E in Nashua



## Applefest Pictures



Trevor Ward



Tammy Gaffey



Kristina Thompson



Butch Sabiski

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# Membership

## December Expirations

Melissa Ayotte  
Sheila and Steve Blunt  
Jeffrey Brown  
Oliver and Claire Cadran  
Scott Chandler  
The Fraser Family  
The Hunt Family  
Jonathan Alizio  
Bill Kellar  
Kathy Kirby  
Madeleine LaRose  
The Laurence Family  
The Law Family  
Richard MacDonald  
Sandy Machell  
The Magarrell Family  
Judy and Mo Nicholson  
Nancy and Mark Peabody  
Lincoln Phillips  
Diane Quinlan  
Mike Sarro  
Shaun and Betty Scanlon  
John Sennott  
Mike and Heather Silverstein  
Phil Sipka  
Mary and Erin Slocum  
Mike and Karla Ward

## January Expirations

Annette Marchand and Jacob Annis  
Thomas Astolfi  
Jim and Pat Belanger  
Andy Cotreau  
Chantal, Dan and Teanna Croteau  
Ed Donovan  
Steve and Dorinda Doyle  
The Dresser Family  
Bill and Kathy Engle  
Maurice and Helen Ferrigno  
Dave and Gigi Ferris  
Richard Gage  
David Haworth  
Terry and Aline Kenney  
Eliza and George LeCours  
Mari Littleton  
The Mastropiero Family  
Fiona McDonnell  
George Miller

Scott and Terry Miller  
Christopher and Nicole Murray  
Raymond Oberholtzer and Family  
John Panny and Family  
Thomas Parker  
Karl and Heather Patnode  
Suzanne and Marc Pinal  
Brittaney and Caitlin Plante  
Tom Raiche  
Kevin Reynolds  
Chet Rogers  
Sue and Allan Rube  
Dave Salvas  
Nicholas San Martino, Jr.  
Paul and Linda Tobin  
Peggy Turcotte  
Peter Venditouli and Family  
Brian and Kirsten Werne

## Birthdays This Issue

Eliot Paisner 12/01/51  
Bob Thompson 12/01/57  
Susanne Brown 12/02/52  
Christine Cormier 12/03/58  
Diana Mahoney 12/04/65  
Tracy Atlas 12/04/76  
Linda Thatcher 12/08/55  
Gigi Ferris 12/08/60  
Cameron Prolman 12/08/92  
Sandy Machell 12/09/52  
Mary-Jo Cody 12/10/60  
Enric Podvojsky 12/10/72  
Judi Moland 12/11/45  
Nicole Milligen-Mruuay 12/12/68  
Joey Lopez 12/12/87  
Peter Scontsas 12/12/87  
Dave Williams 12/13/39  
Michael Levesque 12/13/49  
Marylu Klum 12/13/61  
Annette Cuvellier 12/16/64  
Patricia Feeney 12/16/64  
Peggy Turcotte 12/17/53  
Mary Phillis 12/17/54  
George Miller 12/18/44  
Annette Marchand 12/20/57  
Brenda Conlin 12/20/60  
Carolyn Shattuck 12/21/93  
Chris Amarello 12/22/92  
Nicholas Bartis 12/23/88

Andrew Cotreau 12/25/26  
Geoffrey McGuirk 12/25/86  
Maureen O'Leary 12/25/89  
Michael Whelton 12/27/52  
David Sturm 12/27/58  
Krista Oberholtzer 12/27/86  
Julie Boilard 12/28/57  
Virginia Amarello 12/28/64  
Barbara Goebel 12/29/53  
Jonathon Sproul 12/30/87  
Max Renke 12/30/92  
Erin Dresser 12/30/93  
Thomas Parker 12/31/66  
Kevin Reynolds 01/01/50  
Genia Sanborn 01/01/50  
Peter Donahue 01/02/50  
John Dionne 01/02/61  
Yuki Chorney 01/02/72  
Danielle Cormier 01/02/87  
Pamela Adams 01/03/63  
Michael Labonte 01/06/67  
Jacob Annis 01/07/85  
Michael Pattelena 01/07/97  
Kellie Oberholtzer 01/09/89  
Deborah O'Leary 01/10/59  
Matthew Grant 01/10/74  
Nicole Wheeler 01/12/89  
Chris Merra 01/12/90  
Kerry Rollins 01/14/72  
John LaBrosse 01/15/52  
Jim Hansen 01/15/59  
Gerry Duval 01/15/60  
Bill Juris 01/16/68  
Michael Askenaizer 01/17/55  
Suzanne Pinal 01/17/64  
Jared Miller 01/18/87  
Patricia Rollman 01/19/52  
Eric Conlin 01/20/63  
Tammy Gaffey 01/20/68  
Erin Slocum 01/20/95  
Dave Ferreira 01/21/51  
Damian Rowe 01/26/54  
Diana Lavash 01/26/62  
Sean Auclair 01/27/83  
Ryan Terenzoni 01/27/90  
Sandra Van Den Heuvel 01/27/92  
Mark Peabody 01/28/60  
Jeff Auclair 01/28/91  
Rene Ahlborn 01/30/60  
Elizabeth Fay 01/30/74

# Gate City Striders Membership Application Form

This is a (circle one) : New Membership    Membership renewal

Membership type (circle one) : One Year Youth 14 and under(\$10), Single(\$20), Family(\$25).  
Three year Single (\$50), Family (\$65)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M/F \_\_\_\_ DOB \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M/F \_\_\_\_ DOB \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M/F \_\_\_\_ DOB \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M/F \_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Tel \_\_\_\_\_ E-Mail \_\_\_\_\_

I do not want the club newsletter mailed to my home.  
(Check this box if you prefer to download the newsletter from [www.gatecity.com](http://www.gatecity.com).)



I know that running, volunteering at club races and participating in Gate City Striders events are potentially hazardous activities. I should not enter and run or participate in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race or club official relative to my ability to safely complete the run or to take part in the event. I assume all risks associated with running and volunteering in club races and activities including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the American Association of Running Clubs, the Gate City Striders Inc. and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature required for all persons on this application (Signature of parent or guardian if under age 18).

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Make check payable to Gate City Striders, Inc. and mail to :  
Memberships - PO Box 3692 - Nashua, NH 03061  
If at all possible, include a picture of yourself. It will help us recognize you !

**GATE CITY STRIDERS**  
**PO Box 3692**  
**Nashua NH 03061**

**Non Profit Organization**  
**U.S. POSTAGE PAID**  
**Nashua, NH**  
**Permit No. 1050**